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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

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SUBJECT: CITRUS FRUIT....delicious and Nutrious." (Release on Receipt)
Information from the Bureau of Human Nutrition and Home Economics,
U. S. Department of Agriculture.

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Are you making the most of the plentiful supplies of citrus fruits now rolling into market? This year's crop is a record, due mostly to the 21% increase in grapefruit production over the 1944-45 crop. Orange production is expected to be slightly larger than last winter's.

It isn't just because citrus fruit is so delicious in itself that we're glad to see so much of it around. From the nutritional standpoint, it brings us a wealth of vitamin C. Winter is the time of year when we need to be specially careful about getting plenty of this valuable vitamin, you know, since it isn't the gardening and growing season, when we have an abundance of fresh fruits and vegetables.

Another reason why we welcome this bountiful supply of citrus fruit is that the supplies of other fruits are very short this year. Furthermore, since sugar is still tightly rationed, it's good to have oranges and tangerines to help in providing that "something sweet" everybody craves.

Gettin' back to the "C" in citrus fruit, nutritionists of the U. S. Department of Agriculture point out that all the citrus fruits are a bountiful source of this vitamin. A half-glass (four ounces) of orange or grapefruit juice will go far toward supplying a day's needs of C. So will a whole orange, half a grapefruit, or a couple of tangerines or lemons. And don't strain the citrus juice you serve your family, because the pulp contains plenty of vitamin C. If you serve your citrus fruit halved, sliced, or in sections, you get still more C.

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Heat and air help to destroy vitamin C, so the nutritionists advise cutting or slicing citrus fruit as near as possible to serving time. But here's good news for those of you who find it a great time-saver to squeeze the morning citrus juice the night before. If you keep it cold and covered, there will be very little loss of vitamin C for as long as 24 hours. It's a good idea to fill the container full, however, as the less air space there is between the juice and the container cover, the better.

The sweetness of oranges and tangerines puts them in the dessert class, of course....perhaps in the form of a fruit cup or a salad. Home economists of the department suggest that in an orange gelatine dessert, you add orange sections and cut down on the sugar....you can save as much as a third, or perhaps a half, by doing this. And speaking of salads....they suggest something a bit out of the ordinary in a combination of cabbage or carrot slaw with slices or bits of orange. And don't overlook the skin of the orange, a rich source of flavor. You'll do well to add a dash of grated orange peel to jellies, puddings and salads, or to the top of cakes or cookies. Incidentally, the peel adds its own bit of vitamin C to your diet.

Make the best possible use of every type of citrus fruit you buy it will pay you dividends in both deliciousness and health.

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